

RAINIER BEACH POOL

**Summer
Programs
June – Sept
2006**



**SEATTLE PARKS
AND RECREATION**



Hot Picks!

Swim Team Prep See page 8
Youth Fitness Swimming See page 8
Adult Stroke Refinement See page 9

8825 Rainier Avenue South ♦ Seattle, WA 98118
206-386-1944 ♦ TDD: 206-233-7061
www.seattle.gov/parks/aquatics/rainierbeachpool.htm

Rainier Beach Pool

8825 Rainier Avenue S
Seattle, WA 98118
Phone: 206-386-1944 TDD Only: 206-233-7061
Visit us at www.seattle.gov/parks/aquatics/rainierbeachpool.htm

Spring Hours of Operation

Monday – Thursday	11:30 a.m. – 8:30 p.m.
Friday	11:30 a.m. – 8 p.m.
Saturday	9 a.m. – 3:30 p.m.
Sunday	11 a.m. – 4:30 p.m.

Program Dates

June 24 to September 4, 2006

Program registration

Walk-in registration begins June 19 (Session 1) and July 28 (Session 2) at 2 p.m.

Holiday Closures

Tuesday, July 4, Independence Day
Monday, September 4, Labor Day

Swim Meet Closures

Friday, July 14 after 3:30 p.m., Dual Swim Meet
Saturday, July 29, South Division Swim Meet

Professional Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Kathy Whitman, Aquatics Manager
Donna Sammons, Aquatic Center Coordinator
Wendy Van De Sompele, Assistant Aquatic Center Coordinator
Montrel Jackson, Senior Lifeguard
Jyunko Samson, Senior Lifeguard
Sauvignon Quinichett, Senior Lifeguard
Jonathan Evans, PPT Lifeguard
Bill Burns, Pool Operator
Tony Mosby, Cashier
Gail Bailey, Cashier
Jason Aragones, Cashier

Payment

You can pay for swim lesson registration in person during regular facility hours. Rentals may be paid by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. Please note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. Online registration will be available this fall.

Refund Policy

It is the policy of Seattle Parks and Recreation that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session, the participant will receive a refund or credit. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The prorated class fee plus a standard withdrawal fee of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. **If a participant drops a class after the second session of a series, no refund will be given.**

Scholarships

The City of Seattle and Rainier Beach Pool try to ensure that swim lessons are available to everyone, regardless of their ability to pay. If you are interested in receiving a low-income reduced rate, please see our pool cashier for an application. Documentation required to receive rate.

Waiting lists

We will create waiting lists for all filled classes. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations/Minimum Enrollment

A minimum of 4 students is required for all youth swimming classes. A minimum of 3 students is required for 3-year-old classes. Programs may be combined or cancelled if minimum enrollment is not met. If a class is cancelled by the pool, the participant will be refunded or credited (see refund policy).

Bicycle Helmet Sales

Recent legislation requires all bicyclists to wear bike helmets. Beginning May 21 and continuing the third Saturday of each month through September, Seattle Parks and Recreation, in cooperation with Cascade Bicycle Club Education Foundation, will conduct bicycle and multi-sports helmet sales at affordable prices for all ages. Youth under the age of 18 must be accompanied by a parent or guardian in order to purchase a helmet.

Bicycle Helmet Sale Dates:
May 21, June 17, July 15,
August 19, September 16

General Pool Information

Pool Policies

- Children 6 years old and up must use the locker room appropriate for their gender.
- Children under 4' tall and less than 6 years old must be accompanied by a responsible adult in the water.
- Rainier Beach Pool is a family recreation facility; please dress and act accordingly.
- Swimmers must pay admission fee for each program attended.
- Food and drinks (other than water) are not allowed in the locker rooms or on the pool deck. Please do not bring glass containers into the locker rooms or onto the pool deck.
- Please enter the building through the front entrance and check-in with the cashier before entering the pool area.
- For your children's safety, please monitor them at all times in the facility.
- We are not responsible for lost or stolen items. We will keep found items for 3 weeks. Valuables will be turned over to the Seattle Police.

Rent Rainier Beach Pool

Rainier Beach Pool is available to rent for special events and birthday parties at times when the pool is not normally open. For more information, call 206-386-1944 during operating hours or visit our web site at www.seattle.gov/parks/aquatics/rainierbeachpool.htm.

The basic pool party rental fee for groups of 30 or less is \$185. This includes 1 hr pool and 1 hour lobby time. We ask that reservations be made at least 2 weeks in advance. Full payment is required at the time of the reservation. Cash, checks, and major credit cards accepted.

Saturdays 3:30 p.m. – Midnight

Sundays 4:30 p.m. – Midnight

Fridays 8:30 p.m. – Midnight

2006 Fees and Charges

Recreation Swim Prices

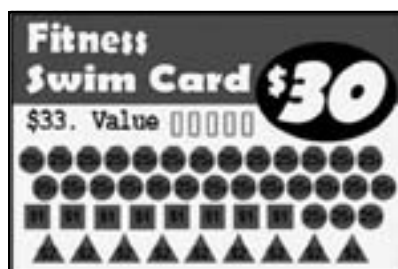
Youth/Seniors/ADA	\$2.75
Adult (19+)	\$3.75
Recreation Swim Card*	\$20.00
Adult F.A.S.T. Pass*	\$45.00
Sr./Youth F.A.S.T. Pass*	\$35.00

Fitness Fees

Adult Fitness	\$4.75
Seniors/ADA Fitness	\$3.00
Fitness Swim Card*	\$30.00
Drop-In Weights	\$2.00
w/ Swim Admission	\$1.50

Other Fees

"Just a Shower"	\$3.75
Lockers	25¢
Goggles	\$5.00/\$7.00
Latex Caps	\$4.00
Silicone Caps	\$6.00
Wave Webs	\$15.00



***The F.A.S.T. Pass** is good for one month of unlimited admission to all Pool Fitness and Recreation programs at any City pool. **Fitness Swim Cards** give \$33 worth of admissions to any Water Aerobics, Masters, or Deep Water Exercise Classes. **Recreation Swim Cards** give \$20 worth of admissions to Public, Family, Lap, and Adult Swims. **Swim Cards** and **FAST Passes** are **non-refundable and non-transferable**. Please present your card to the cashier for admission. **FAST Pass users must sign in** at the front desk before they are admitted.



Special Events

Music on Deck!

Live Jazz Music at Rainier Beach Pool!

Join us for a fun evening of live jazz music from 5 to 7 p.m. From 6 to 7 p.m., everyone is invited to swim during our public swim while listening to smooth jazz. While enjoying the music, come check out the other wonderful programs Rainier Beach Community Center has to offer. .

Swim Fees: \$3.75 Adults; \$2.75 Youth/Seniors



National Aquatics Week Activities

July 16 – 22



Sunday, July 17

\$2 Family Swim

1:30 – 2:30 p.m.

Parent must be in pool with child.

Tuesday, July 18 & Thursday, July 20

Aqua Jog

11:45 a.m. – 12:30 p.m.

Arthritis Water Exercise*

3:30 – 4:30 p.m.

Two-for-one water exercise classes. Bring a friend for free! *Call for registration info.

Tuesday July 20

Free

Lifeguard Training Team Demonstration

2:30 – 3 p.m.

Friday, July 21

TGIF Lap/Public Swim

5:30 – 8 p.m.

Bring a friend — one free admission with each regular piced admission purchased for this swim.

Saturday, July 22

\$2 Lap Swim

9 – 10 a.m.

Featuring Local Artists

Emerald City Jazz Ensemble

Wednesday, June 28

5 – 7 p.m.



Sponsored by Rainier Beach Community Center and Pool Advisory Council. For more information, please call 206-386-1944

The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for one FREE session of swimming lessons for all 3rd and 4th grade students in Seattle. This program is available to each child regardless of ability. For more "Learn to Swim" information, please call Rainier Beach Pool @206-386-1944 or visit our web page at www.seattle.gov/parks/aquatics/learntoswim.htm



Swimming Lessons



3 Year Old Lessons

Small classes are designed to start your child learning basic swimming skills and water safety.

Prerequisite: at least one session of tots class or equivalent. Child

must be comfortable in the water without parents. Class must have 3 students to run.

M/W 5 - 5:30 p.m.

Session 1 June 26 - July 26, 10 lessons, \$80

Session 2 July 31 - August 30, 10 lessons, \$80

Tu/Th 1 - 1:30 p.m.

Session 1 June 27 - July 27, 9 lessons, \$72

Session 2 Aug 1 - Aug 31, 10 lessons, \$80

Tu/Th 5 - 5:30 p.m.

Session 1 June 27 - July 27, 9 lessons, \$72

Session 2 Aug 1 - Aug 31, 10 lessons, \$80

Sat 11:30 a.m. - Noon

Session 1 June 24 - Aug 26, 9 lessons, \$72

Reduced price lessons available for those who qualify. Call 386-1944 for information and an application

*Parent and Child Aquatics

(Tots)

Ages 6 mos. to 4 yrs.

Parents accompany their children into the water and are shown how to teach the program's skills. Young children become comfortable in and around the water so they are ready to learn to swim.

*Kinders

Ages 4 to 5

Swim lessons for children who are 4 and 5 years of age. Small classes create an ideal learning environment for pre-schoolers. The program has 3 levels which move from beginners to intermediate skills. Children are evaluated in the water on the first class day and placed in the appropriate class.

*Beginner Youth

Ages 6 to 16

The first three levels of the American Red Cross's Brand New Progressive Learn to Swim Program for children from 6 to 18 years of age. Skills run from beginners to intermediate swimmers. Children are evaluated in the water on the first class day and placed in the appropriate class.

*Advanced Youth

Ages 6 to 16

The top three levels of the American Red Cross's Progressive Learn to Swim program. Children can

be pre-tested for placement. Children should be comfortable in the deep end of the pool and able to swim one length (25 yards) of Front Crawl, Back Crawl, and Dolphin Kick as well as tread water and back float for 30 seconds each in deep water. Children are evaluated in the water on the first class day and placed in the appropriate class.

1-on-1 and 1-on-2 Lessons

One or two students with an instructor. Intensive instruction for those with special goals. Individuals can be of any ability. For more information and to register call 206-386-1944. Class schedules are flexible and dependent upon pool space and instructor availability.

1-on-1 \$25 per ½-hr; 2-on-1 \$35 per ½-hr

Adult and Senior Swim Lessons

Instructors work with each individual to set and strive toward personal goals. For swimmers of all abilities.

Special Populations Swim Lessons

In many cases individuals with disabilities can be mainstreamed into our regular lesson program. If special attention is needed individual lessons can be set up on request. Rainier Beach Pool is fully accessible. Please call 206-386-1944 for more information.

Fees: \$5 per lesson

Two Week Daily Lessons

Don't want to commit to a whole summer of lessons? Try one of our two week lesson blocks. Classes meet in the morning every day Monday - Friday for two weeks at a time. Once enrolled, you have the option of re-enrolling for the next session on the last day of your class. We have classes for all levels of swimming.

Preschool 10:30 - 11 a.m.

Beginner Youth 9:30 - 10 a.m.

10 - 10:30 a.m.

11 - 11:30 a.m.

Advanced Youth 9 - 9:30 a.m.

For lesson dates and registration information, please see the charts on p. 6.

Swimming Lessons

Summer 2006 Swim Lesson Times

Class	M – F AM	M/W PM	T/Th PM	Friday	Saturday	Sunday
Tots 6 mos. – 4 yrs.			6 – 6:30 12:30 – 1		Noon – 12:30	
3 year old		5 – 5:30*	1 – 1:30* 5 – 5:30		11:30 – Noon*	
Kinders 4 & 5 yrs Lvl 1–3	10:30 – 11	4 – 4:30 5 – 5:30	5 – 5:30 6 – 6:30		10 – 10:30 11:30 – Noon	Noon – 12:30
Beginner Youth 6 – 16 years Levels 1 to 3	9:30 – 10 10 – 10:30 11 – 11:30	4:30 – 5 5:30 – 6	4:30 – 5 5:30 – 6 6:30 – 7	5 – 5:30	10 – 10:30 10:30 – 11	11:30 – Noon
Advanced Youth 6–16 yrs Lvl 4–6	9 – 9:30	5 – 5:30 (A4) 5:30 – 6	5 – 5:30 (A4) 5:30 – 6		11 – 11:30	11 – 11:30
Seniors/Adults 16 years & up			7 – 7:30		12:30 – 1	
Youth Fitness					10 – 11*	
Adult Stroke		6:15 – 7* (Wed Only)				

*Call for information

Swim Lesson Registration Information

Session	Program Dates	New Registration	Classes	Price
I Mon/Wed¹	Jun 26 – Jul 26	June 19 after 2 p.m.	10	\$50
I Tue/Thu	Jun 27 – Jul 27	June 19 after 2 p.m.	9	\$45
II Mon/Wed¹	Jul 31 – Aug 30	July 28 after 2 p.m.	10	\$50
II Tue/Thu	Aug 1 – Aug 31	July 28 after 2 p.m.	10	\$50
Fri PM²	Jun 30 – Sep 1	June 19 after 2 p.m.	9	\$45
Sat AM³	Jun 24 – Aug 26	June 19 after 2 p.m.	9	\$45
Sun AM	Jun 25 – Aug 27	June 19 after 2 p.m.	10	\$50
I Mon – Fri¹	Jun 26 – Jul 7	June 19 after 2 p.m.	9	\$45
II Mon – Fri	Jul 10 – Jul 21	July 7 after Noon	10	\$50
III Mon – Fri	Jul 24 – Aug 4	July 21 after Noon	10	\$50
IV Mon – Fri	Aug 7 – Aug 18	August 4 after Noon	10	\$50
V Mon – Fri	Aug 21 – Sep 1	August 18 after Noon	10	\$50

¹Pool closed Tuesday, July 4 (Independence Day)

²No lessons Friday, July 14 (Dual Swim Meet)

³Pool closed Saturday, July 29 (South Division Swim Meet)

Summer 2006 Schedule

June 26 – September 4, 2006

Monday & Wednesday (Pool Closed July 4 for Independence Day)

8:00 – 9:00 a.m.	Summer Swim League	4:00 – 6:00 p.m.	Youth Lessons
9:00 – 11:30 a.m.	Youth Lessons	6:00 – 7:00 p.m.	Public Swim (3 lanes)
11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	7:00 – 8:30 p.m.	Lap Swim
11:30 a.m. – 12:30 p.m.	Stretch & Flex	7:00 – 8:00 p.m.	Water Aerobics
12:30 – 1:30 p.m.	Water Aerobics		
2:30 – 3:30 p.m.	Public Swim		

Tuesday & Thursday

8:00 – 9:00 a.m.	Summer Swim League	4:30 – 7:00 p.m.	Youth Lessons
9:00 – 11:30 a.m.	Youth Lessons	6:00 – 6:30 p.m.	Tots Lessons
11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6:00 – 8:30 p.m.	Lap Swim (3 lanes)
11:45 a.m. – 12:30 p.m.	Aqua Jogging	7:00 – 7:30 p.m.	Adult Lessons
2:30 – 3:30 p.m.	Public Swim	7:30 – 8:30 p.m.	Water Aerobics
3:30 – 4:30 p.m.	Arthritis Water Exercise		

Friday

8:00 – 9:00 a.m.	Summer Swim League	4:00 – 5:30 p.m.	Youth Lessons*
9:00 – 11:30 a.m.	Youth Lessons	5:30 – 7:00 p.m.	Public Swim*
11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	5:30 – 8:00 p.m.	Lap Swim (3 lanes)*
11:30 a.m. – 12:30 p.m.	Stretch & Flex	7:00 – 8:00 p.m.	Water Aerobics*
12:30 – 1:30 p.m.	Water Aerobics		
2:30 – 3:30 p.m.	Public Swim	*No programs 7/14 (Swim Meet Closure).	

Saturday (Pool closed all day July 29 for South Division Swim Meet)

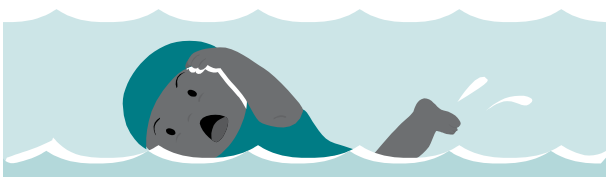
9:00 – 10:00 a.m.	Lap & Senior Swim	Noon – 1:30 p.m.	Lap Swim
9:00 – 10:00 a.m.	Water Aerobics	12:30 – 1:00 p.m.	Adult Lessons
10:00 a.m. – Noon	Youth Lessons	1:30 – 3:30 p.m.	Public Swim
Noon – 12:30 p.m.	Tots Lessons		

Sunday

11:00 a.m. – 12:30 p.m.	Youth Lessons	1:30 – 2:30 p.m.	Family Swim (\$2 each)
Noon – 1:30 p.m.	Lap & Senior Swim	2:30 – 4:30 p.m.	Public Swim

Volunteer Opportunities

Rainier Beach Pool has volunteer opportunities as Swim Instructor Aides or Advisory Council members. If you are interested, please contact Donna Sammons or Wendy Van DeSompele at 206-386-1944.



Workout While Your Child Learns to Swim!*

Weight Lifting

Weights are available for an additional \$2.

Lap Swimming

Lap Swims available Tuesdays and Thursdays after 6 p.m. and Sunday afternoon for an additional \$3.75.

*Please sign in and pay the cashier.

Summer Swim League/Fitness Swimming

Summer Swim League

Come join our swim team and learn the principles of fun, safe swim competition and enjoy team spirit! Open to ages 7-18. Must be able to swim the length of the pool (25 yds) and/or be in Advanced Level 4-6. Participants compete in 2 dual meets and a divisional swim meet. The All-City Swim meet is August 5 for those who qualify. Register now.

Age: 7 to 18 as of May 16, 2006.

Mon – Fri 8 – 9 a.m. Jun 26 – Aug 5

Fees: \$80 some scholarships available.

Call 386-1944 for information



Hot Pick!

Swim Team Prep

Swim faster and smarter this season!

Be a swim team star this summer and fall season! Learn starts and turns. Use the pace clock and find out how intervals can be used to build strength and increase speed. Learn drills to improve stroke technique. Increase endurance.

Minimum requirements: Must be in American Red Cross Level 4 or above and able to swim 2 lengths of the pool using front crawl and backstroke without stopping.

T & Th 6 – 6:45 p.m. Min. 4 students

Session I: June 27-July 27 9 /\$67.50

Session II: Aug 3 – Aug 31 10/\$75.

(Get a jump for fall teams!)

Lifeguard Training Team

Lifeguard Training Team is a **free** program designed to train and certify Seattle's youth in lifesaving skills.

June 26 – August 18 @ Mt. Baker Beach and Medgar Evers Pool

For more info, please contact:

Lifeguard Training Team, Citywide Aquatics
800 Terry Ave N, Seattle, WA 98109

Phone: 206-684-4078

e-mail: kevin.maxwell@seattle.gov

or visit our web site:

www.seattle.gov/parks



Hot Pick!

Youth Fitness Swimming

Workout! Look good! Be strong! Increase your level of fitness as our coach leads you through fun and challenging one-hour workouts.

Minimum requirements: Must be in American Red Cross Level 5 or above and able to swim 2 lengths of the pool using front crawl and back stroke without stopping.

Sat 10 – 11 a.m. Minimum 4 students

Session I: June 24 - Aug 26 9 Classes/ \$90

No class July 29

Recreational Swimming

Public Swim

\$3.75/\$2.75

Open Pool time for all ages and all abilities. Children shorter than 4' must be accompanied in the pool by a responsible adult. All children must pass a deep water test to swim in the deep end. **Lesson participants staying after lessons for public swim must pay fee before lesson.**

Mon – Fri 2:30 – 3:30 p.m.

MW 6 – 7 p.m. Sat 1:30 – 3:30 p.m.

Fri 5:30 – 7 p.m. Sun 2:30 – 4:30 p.m.

Family Swim

\$2 per person

Drop-in program for all ages. Children under 18 must be accompanied into the pool by a responsible adult. A quieter time for families to use the pool together. This is a year round drop-in program. All admissions are \$2 per person. Children under 1 year old are free.

Sundays

1:30 – 2:30 p.m.

Water Exercise & Fitness

Water Aerobics

\$4.75/\$3

Movements in water designed to build Strength, Flexibility, and Cardiovascular Fitness. The program takes advantage of the participants' buoyancy in the water and the resistance created by the water. Classes are lead by experienced instructors and accompanied by music. This program is for Adults and Seniors at all levels of fitness. Individuals are encouraged to exercise at their own pace.

Age: Adults and Seniors

MWF 12:30 – 1:30 p.m. TTh 7:30 – 8:30 p.m.

MWF 7 – 8 p.m. Sat 9 – 10 a.m.

Stretch And Flex

\$4.75/\$3

Exercise for people who are unable to participate in conventional exercise programs. Stretch and Flex is designed to increase your range of motion, muscle tone, and flexibility. All activities take place in shallow water and are accompanied by music. Non-swimmers are welcome.

MWF 11:30 a.m. – 12:30 p.m.

Aqua-Jogging

\$4.75/\$3

Deep water exercise class, which uses flotation equipment to create strength building resistance. Participants must be comfortable in deep water.

Age: Adults and Seniors only

Tue/Thu 11:45 a.m. – 12:30 p.m.

Drop-in Weight Training

Rainier Beach Pool has weight and fitness equipment on the pool deck, which is available to those 16 and over for drop in use when ever the pool is open. The Equipment includes a Universal Centurion, over 1000 lb. of free weights and other machines.

Age: Over 16

Open during normal pool operating hours.

Fees: \$2 ; \$1.50 if you also pay for a swim



Arthritis Foundation

Water Exercise Program

\$3

This program was designed by the Arthritis Foundation for people with movement limitations. Rainier Beach Pool has three certified instructors on staff. A registration form, which includes a doctor's referral is required before beginning the program. Please check with our cashier for registration forms.

Tue/Thu

3:30 – 4:30 p.m.



Hot Pick!

Adult Stroke Refinement

For Competitive Swimmers, Recreational Swimmers, and Triathletes. This program focuses on swimming techniques and skill drills. Works well in conjunction with lap swimming or Masters Workouts.

Age: Adults and Seniors

Wednesdays

6:15 – 7 p.m.

June 28 – July 26 \$37.50

Aug 2 – Aug 30 \$37.50

Lap & Senior Swim

\$3.75/\$2.75

Monday – Friday 11:30 a.m. – 1:30 p.m.

MW 7 – 8:30 p.m. Sat 9 – 10 a.m.

TTh 6 – 8:30 p.m. Sat Noon – 1:30 p.m.

Fri 5:30 – 8 p.m. Sun Noon – 1:30 p.m.

Water Exercise & Fitness Information

Water Exercise and Fitness Classes are year-round, drop-in programs. Individuals can either pay the class fee (\$4.75 for adults; \$3 for Seniors/Youth/ADA) or purchase a fitness ticket for \$30 or a FAST pass (\$45 Adults or \$35 Youth/Seniors/ADA). See page 3 for additional info.